



# Coaches Report

## 2020 Queensland Championships

### Day 4 - Heats

This is the first year they have added form strokes in the 50m races at states. 50m backstroke was up first with Chelsea swimming a nice PB 30.24 placing 4th. She will pull out of the final as this was a fun event for Chels, and swam it to get club points, what a trooper.

Abbey Lynn, looked strong and fast, but didn't swim the time we wanted equaling her PB of 31.84. Abbey swims her main event tomorrow. Good luck Abb's.

Jye Cornwell goes into tonight's final 4th with a strong 26.52. Robdog Friend will join Corny into the final ranked 9th 27.71. Good luck boys.

Jordan Tunnah swam on his Pb 31.26 (17th). Good luck for your next event the 200 free.

18 year old Ethan Nagle, swam a solid swim for where he is at 60.22 for 100 fly. Ethan controlled his race better than his previous two. It's great to see E still love swimming.

400m freestyle can be a hard race to pace, with Kai Portas starting a little too fast. Kai's 4:21.10 puts him in 1st reserve for tonight's final. Although this time isn't the result we wanted, it is still a 5 second PB and national qualifying time. Be patient, and with more practice, the time will come. Dougal Richmond swam just outside his best 4:27.53 19th. His freestyle didn't feel amazing in warm up so it can be hard to get into the right head space to swim fast. Dougal's second race of the day was 100m backstroke about 90 mins later. Dougal looked great in the water swimming a nice PB 1:04.47 placing 14th. This was Dougie's last race of the meet and will now focus towards open water nationals in January. Keep training hard Doug, you have stepped up massively and it has definitely paid off.

Freestyler's Neve Longmire and Joseph Van Der Zant were ready for a fast 100 free. Neve has improved out of sight, and learnt so much the last few months, swimming a deserving PB 1:02.05 16th. Great swim Neve, and great experience.

Joey swam an easy first lap in 28.28. Joe's great finish put him 2nd in his heat and 4th leading into the final tonight swimming a nice BP and another event to swim at nationals 57.18. Good luck for tonight Joey.

Jacqueline Davison-McGovern, cruised a nice 2:05.09 in the 16 year old 200m freestyle. Jacq backed off the last lap to save her legs for a fast final tonight. Good luck J.

Jess Lavin and Laura Brosnan raced each other again today in the Open Women's 1500m free. It has been a long week already with both these girls have plenty of swims. Both girls swam a great race with Jess swimming a little faster than her entry time from 12 months ago 17:21.47. Jess felt easy the first half of the race and felt it a little hard to shift into the next gear. This is only Jess's 5<sup>th</sup> time racing this distance, great swim.

This was Laura's last race of this year's States and she finished strong. As an Open swimmer, the competition gets tough, and Laura has hung in there and is ready to focus on her next competition, Open Water Nationals. Great job on your 17:54.84.



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### Day 4 - Finals

Tonight the finals were a little quieter with Men's 50m backstroke up first. Jye Cornwell and Robert Friend both posted faster times than their heat swims. Corny finished 4th with a nice sneaky PB 26.25. Corny has taken it upon himself to try different things in his races, and this is the time to try it. Love your work Corny and this concludes this year's States for Jye and he looks forward to working on more speed for his backstroke. Robdog Friend finished 7th tonight 27.62, great swim Doggie, enjoy Uni tomorrow and I'll see you Friday.

After a bit of a break Joseph Van Der Zant and Jacqueline Davison-McGovern warmed up ready for their races. Sometimes things happen that are outside of your control and unfortunately this was the case tonight. When something does not go your way, you try and stay calm but that never works and is easier said than done. Joe swam the best race he could with a little hole in his race togs. Joe swam a little slower than his heat this morning finishing 9th in Queensland. Still a huge achievement, these things happen but you will be ready for your next 2 races Joey.

The women's 200m Freestyle was up next and Jacq was a little flustered after arriving in marshalling with seconds to spare. Very rarely does Chandler run ahead of schedule and this is a great learning experience and that is what this meet is all about. Jacq swam a little slower than her entry time 2:04.87 placing 4th Queensland. Goodluck for your 1500 tomorrow J!

Two more days to go. As our swimmers start to finish up their swims, Toby and Michael are still running the sessions as per normal back at the pool for Thursday and Friday. There will be no training Saturday morning. Don't forget we have National Open water around the corner and for others more racing opportunities in the new year. Stay focused and just keep swimming 😊

Kate